

Full Report (All Nutrients) 09292, Plums, dried (prunes), stewed, without added sugar

Report Date: July 01, 2017 00:04 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:15% Refuse Description: Pits

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, pitted 248g
Proximates					
Water	g	69.73	3	1.031	172.93
Energy	kcal	107	--	--	265
Energy	kJ	448	--	--	1111
Protein	g	0.96	--	--	2.38
Total lipid (fat)	g	0.16	--	--	0.40
Ash	g	1.16	--	--	2.88
Carbohydrate, by difference	g	28.08	--	--	69.64
Fiber, total dietary	g	3.1	--	--	7.7
Sugars, total	g	24.98	--	--	61.95
Minerals					
Calcium, Ca	mg	19	--	--	47
Iron, Fe	mg	0.41	--	--	1.02
Magnesium, Mg	mg	18	--	--	45
Phosphorus, P	mg	30	--	--	74
Potassium, K	mg	321	--	--	796
Sodium, Na	mg	1	--	--	2
Zinc, Zn	mg	0.19	--	--	0.47
Copper, Cu	mg	0.123	--	--	0.305
Manganese, Mn	mg	0.131	--	--	0.325
Selenium, Se	µg	0.1	--	--	0.2

Vitamins

Nutrient	Unit	1	Data points	Std. Error	1 cup, pitted 248g
		Value Per100 g			
Vitamin C, total ascorbic acid	mg	2.9	3	0.043	7.2
Thiamin	mg	0.024	3	0.002	0.060
Riboflavin	mg	0.100	3	0.012	0.248
Niacin	mg	0.723	3	0.039	1.793
Pantothenic acid	mg	0.107	3	0.003	0.265
Vitamin B-6	mg	0.218	3	0.009	0.541
Folate, total	µg	0	3	0.017	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	3	0.017	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	4.4	--	--	10.9
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	17	--	--	42
Retinol	µg	0	--	--	0
Carotene, beta	µg	173	--	--	429
Carotene, alpha	µg	25	--	--	62
Cryptoxanthin, beta	µg	41	--	--	102
Vitamin A, IU	IU	342	--	--	848
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	65	--	--	161
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.47
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	26.1	--	--	64.7
Lipids					
Fatty acids, total saturated	g	0.010	--	--	0.025
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000

Nutrient	Unit	1	Data points	Std. Error	1 cup, pitted 248g
		Value Per100 g			
14:0	g	0.000	--	--	0.000
16:0	g	0.008	--	--	0.020
18:0	g	0.002	--	--	0.005
Fatty acids, total monounsaturated	g	0.080	--	--	0.198
16:1 undifferentiated	g	0.001	--	--	0.002
18:1 undifferentiated	g	0.079	--	--	0.196
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.026	--	--	0.064
18:2 undifferentiated	g	0.026	--	--	0.064
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0
Flavonoids					
Isoflavones					
Daidzein ¹	mg	0.00	1	--	0.00
Genistein ¹	mg	0.01	1	--	0.02
Total isoflavones ¹	mg	0.02	1	--	0.05

¹Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331